

## Senior Spirit

### Senior Services and D.A.R.T. Transportation

What a wonderful month November has been; watching the changing of the leaves, the visits from family and good food! The Community and Senior Center has had a full schedule with our daily lunch attendance rising to over 220 seniors. We are so excited to see all the new faces who have found the Senior Center dining as a good way to break bread and make new friends. I want to extend the warmest wishes to all those who are new and have become part of our Senior Services family. I hope you all had a wonderful time getting to know staff and volunteers. If you are interested in becoming a part of our volunteer program please make sure you contact Sheri Karosich, as I am sure we can find a place where you can help. Our volunteers are the backbone of our programs and we can not say enough about how wonderful they are.

#### Saying Goodbye



I wanted you all to know that during the month of November we said goodbye to our long time DART driver, Ron Schnur. Over the years, Ron has been a key part of transportation in our community. He has been very active with DART with driving and helping seniors in and out of buses. All those that have met Ron know the wonderful help, service and how he improves the lives of so many others. He has always represented DART's mission of "Going the Extra Mile". Ron Schnur will be missed as a driver, but hopes that he will be still a part of our services in creative ways. Special thanks goes out to Ron!!! Thanks for all you do!! The miles you drove! And the seniors you helped!!

We are looking forward to December 6, 2015 which is our first birthday of our Community and Senior Center. I hope that you each take a moment to reflect upon the blessings we have seen from our community and how we have filled these empty rooms with life, talent, programs, crafts and memories. Our community has embraced this new facility and has set the tone of success for many years to come. Truly, the many seniors that laid the foundation of a facility like this, but who have passed on, allow us to benefit because of their forward thinking and vision for our community. I hope we all reflect on this wonderful history and heritage and never forget what we are built upon.

Travis K. Lee  
Community Services Division Manager  
Douglas County

# Important Douglas County Senior Services Programs

**Congregate Dining:** Lunch is served each Monday-Friday starting at 11:30pm at the Senior Center located at 1329 Waterloo Lane. \*The suggested donation for lunch is \$3.00 for anyone 60 or older, and \$7.00 for those under 60. \*Those unable to pay will not be denied service.

**TRE Congregate Dining:** Congregate Dining is provided each Monday, Tuesday and Thursday at 12pm at the TRE Community Center located at 3939 Carter Way in Topaz Ranch Estates. \*The suggested donation for lunch is \$3.00 for anyone 60 years or older.

\*Those unable to pay will not be denied service.

**North County Dining:** Congregate Dining is provided each Wednesday and Friday at 12pm, at the James Lee Park GID, located at 3394 James Lee Park, Carson City (Indian Hills). \*The suggested donation for lunch is \$3.00 for anyone 60 years or older. \*Those unable to pay will not be denied service.

**Homemaker Assistance:** The Homemaker Service provides weekly or bi-weekly visits of basic cleaning, laundry, grocery shopping and cooking assistance.

The suggested donation for this service is \$4.00 per hour. 783-6455

**Meals on Wheels:** All Seniors 60 years and older who are physically incapacitated or unable to leave the house can receive weekly Meals on Wheels. The suggested donation for this service is \$3.00 per meal\*. 783-6455

**Transportation:** Transportation is provided for all seniors 60 and older. Round trip medical transportation is available. Due to demand, we request a 2 day notice on appointments to ensure service. Call 783-6456.



Are you looking for an opportunity to volunteer? Come on in to the Senior Center and find out how you can help us keep our programs running or call 783-6455.

## Important Contacts In Our Community

Aging and Disability Services Division: (C.H.I.P.) 687-4210	Energy Assistance: 684-0731	Douglas County Senior & Community Center 782-5500
Alzheimer's/Dementia Support: 883-0703 ext. 223 or 775-443-7556	Elder Protective Services: 688-2964	Ron Wood Family Resource Center: 884-2269
Crisis Call: 800-992-5757	Family Support: 782-8692	Senior Legal Helpline: 877-693-2163
DART Transportation: 783-6456	Fire Department: 782-9996	Senior RX: 687-8711
	Food Closet: 782-3711	SHIP: 775-267-7907
	Grief Support: (530) 543-5605	Social Services: 782-9825
Douglas County Community Health Nurse: 782-9038	Guardianship: 721-1239	State Welfare: 684-0800
Elder Abuse: 800-992-5757	HUD Housing: 887-1795	Suicide Prevention Network 783-1510
	Nevada Job Link: 684-0400	

*"Let  
your  
fingers do  
the  
walking"*

### COUNTY COMMISSIONERS—

Doug N. Johnson (Chairman), Nancy McDermid (Vice-Chairman), Greg Lynn, Barry Penzel, Steve Thaler

### SENIOR ADVISORY BOARD MEMBERS—

Bob Cook (Chairman), Kevin Servatius (Vice Chairman), Andrea Rajeski (YAH Representative), Tom Ingham (Council Member), Felix Lockwood (Council Member), Robert Schultz (Council Member), Mike Olson (Council Member), Jim Nichols (County Manager), Scott Morgan (Community Services Director) and Travis Lee (Manager of Senior Services).

### SENIOR SERVICES STAFF—

(Director) Travis Lee, (Transportation Coordinator), Linda Skaggs, (Drivers) Russ Kozerski, Renee D'Accardo, Henry Martinez, Robert "Woody" Wood, Richard Petersen, James Villa Senior and David King (Food Services Supervisor) Tammy McComb, (Kitchen Staff) Victoria Broom, Brittney Schreckengost, Danielle McGillivray, Katrina Spitzen and John Diedrichsen, (Recreation Specialist) Sheri Karosich, (Senior Office Assistant) Patti Gurule, (Homemakers) Cindy Ponder, Kathy Cullen, Kim Cunningham, Mariah Briggs

# More Douglas County Senior Services

## D.A.R.T



775.783.6455

775.783.6456

### Fares:

Adults: (age 12 & over)...\$2.00 per ride  
Seniors\* .....\$1.00 donation  
Student ID Discount.....\$1.00 per ride  
Medicare.....\$1.00 per ride  
Disabled.....\$1.00 per ride

\*Services will not be denied because someone chooses not to contribute.

### Did you know?

**\*\* Need a Notary?** For just \$5 per person, our very own Patti Gurule will notarize your signature. All proceeds benefit Meals on Wheels. Be sure to call for an appointment at 782.5500.

**\*\* DMV Services** will be visiting the Senior Center on **2nd & 4th Monday's of each month.** From 10:30am - 12pm to take vehicle renewals (no driver's license) and answer questions in the Senior Center Conference Room

**\*\* The Health Nurse** will be visiting the Senior Center, TRE and N. County Community Center(s) this month to provide **FREE Blood Pressure Checks.** To have your Blood Pressure checked, come to the Gardnerville Senior Center on December 16th from 10:45am-11:45am. or to the TRE Community Center Blood Pressure Clinic is Tuesday, December 15th from 12:15pm-12:45pm or North County (GID) on Wednesday, December 23rd from 11:45pm-12:15pm.

**\*\* Are you a Veteran?** Do you have questions about your benefits or what services may be available to you. ROVER will be back in our area starting December 22nd to work with our Veterans on disability and other claims. One hour appointments will be available from 10 am to 3 pm. Emergency help and appointments are also available. To schedule an appointment call ROVER representative, Necole at (702) 791-9000 ext. 15518. Veterans are advised to bring their DD-214 discharge document, VA card and current VA claim correspondence.

**\*\*Nevada SHIP MEDICARE OPEN ENROLLMENT** for Prescription Drug Plans and Medicare Advantage Plans runs from October 15th - December 7th. Any changes made will take effect January 2016. Nevada SHIP volunteers can help you make sure your individual plan is still your best choice and provide free objective and unbiased information about Medicare. They will assist you determine if you are eligible for savings programs that *may save you money.* Call 267-7907 and leave a message with your name and telephone number. One of your local SHIP counselors will call you back to schedule an appointment.

**\*\*Support groups** are available throughout the month for various needs. We have a **Dementia & Alzheimer's Support Group** that meets the 3rd Wednesday each month at 1pm. Our **Sight Impaired Group** meets the first Thursday of each month at 10:00am. On the 2nd & 4th Wednesday of each month, Vitality for Life sponsors a **"Coping with Change" Support group** for those who may be having difficulty with grief, loss, or any kind of unexpected "life changes" and our **Parkinson's Support Group** meets the 3rd Wednesday at 1:00pm. For more information about any of these groups, call the Senior Center to inquire. (775) 783-6455





# YOUNG AT HEART



## Current 2015-2016 Young At Heart Board Members

### YOUNG AT HEART BOARD MEMBERS

*Andrea Rajeski - President, Bob Isaacs - VP, JoAnne Ingham - Secretary, Steve Howie Althouse- Treasurer, Nick Cane, Jane Alley, Paul Lockwood, Annette Muller, Lucie Johnson all Trustees, Howard Althouse and Doug Petersen - Members at Large. Judy Finka - Historian, Ray Moore - Webmaster/Photographer, Lillian Heckers - Bingo.*

### What is the Young at Heart?

Young at Heart (YAH) is a nonprofit organization that raises funds for the seniors in the community of Douglas County. We sponsor events and groups that benefit the seniors in our community.

### What do we do?

Big Shout Out To Intero Gardnerville! Want to thank all the employees from Intero Gardnerville, as on Nov 14<sup>th</sup> they put on their first ever Chili Cook Off and all proceeds went to the Young at Heart in the amount of \$5306.00. We thank each and every person who took part in this fundraising event to make it so successful.

Our Christmas Craft Fair was a big hit and the parking lot was full from 8 am - 3 pm. Next year will even be bigger and better. We haven't added all the income/expense but we are in the neighborhood of raising \$6000.00.

Stage /audio system is done, which the Young at Heart purchased for everyone's use in the Senior Center. Now we will work on blinds for the dining room and a curtain to hang on the stage.

Hot Soup Program served over 31,000 bowls of hot soup, thank you to all who have helped fund this program

We support the Hot Soup Program (\$1,300.00 monthly), Adopt an Elder Project, Sight Impaired Support Group, as well as the Parkinson Support Group. In addition, we manage the Gift Shop, which is run by volunteers.

Each year the Douglas County Senior Center, has a "wish list" that is not covered by their budget. YAH tries to fulfill these wishes; we purchased the NEW "kitchen" equipment as well as the warming kitchen that is used daily by everyone at our new center. Our most important job this year and for years to come is to provide the funds for the Hot Soup Program, which runs \$1,300.00 a month, and to help provide funds to help equip our new Senior Center.

### Membership

Our membership fees are only \$5.00 a calendar year. These are handled at our gift shop. Our new website: <http://www.youngatheartcarsonvalleynv.org>

### When does the Young at Heart Board Meet?

The Young at Heart meeting is on the second Monday of each month, at 9:30 at the Douglas County Senior Center, which is open to the public.



## YAH ACTIVITIES

### December

3rd—Sight Impaired Support Group  
5th—YAH Christmas Lunch  
**NO SERTOMA BINGO in December**  
7th—YAH Board Meeting  
9th—50/50 Raffle  
20th—YAH Bingo  
23rd—Christmas Basket Raffle  
24th—Christmas Feast  
25th—Christmas Day Senior Center Closed  
31st—New Year's Eve

### January

3rd—Sertoma Bingo  
7th—Sight Impaired Support Group  
11th—YAH Board Meeting  
13th—50/50 Raffle  
17th—YAH Bingo  
18th—Center Closed for MLK Day  
31st—YAH Special Bingo

### February

4th—Sight Impaired Support Group  
7th—Sertoma Bingo  
8th—YAH Board Meeting  
10th—50/50 Raffle  
12th—Valentine's Day Raffle Basket  
21th—YAH Bingo  
22nd—Center Closed for Presidents Day



**IT'S THAT TIME!!**

**RENEW YOUR  
YOUNG AT HEART  
MEMEBERSHIP TODAY  
ONLY \$5.00 PER YEAR**



**AT THE YAH GIFT SHOP**



**BINGO**

**Douglas County Senior Center  
Sunday, February 20th, 2015**

**Doors open at Noon:**

**Progressive Pot:**

**\$ 400.00**

**& 52 numbers**



**\*There will be no Special Bingo this month on the 5th Sunday.**

# Gardnerville Senior Center

## Classes and Groups

### Watercolor Class



Watercolor classes continue at the Senior Center in the "Ceramics". They meet on the 2nd and 4th Thursdays of the month from 9am-12pm. Each class is just \$25 and all supplies are included. To sign up or for more info, please call instructor, Lada Trimble at 882-6061.

### Silver Yoga



Silver Yoga meets on Tuesdays and Thursdays in the Preschool room at the Senior Center, from 10-11am. This class can be done has variations that will accommodate all abilities. It is offered for a suggested donation of \$3 per class. If you have any questions, please call 775-783-6455.

### COMING SOON!! DIABETES SUPPORT GROUP

Starting in January 2016, this group will take place on the 1st Wednesday of every month in the Senior Center Conference Room at 9:30-10:30 am. Watch for more info.



### Exercise Class

**Free Exercise Class Sponsored by Senior Services -** Work on stretching, strengthening, flexibility, range of motion and balance. Join us on Monday, Wednesday and Friday in the Community Center Ranch View Activity Room from 10:30-11:30am.



### "Coping with Change" Senior Support Group

This new group meets every 2nd & 4th Wednesday of each month from 9:30-10:30am at the Sr. Center, in the Conference Room. This group is sponsored by the Carson Valley Medical Center-Vitality for Life.

Grief and loss are processes we go through as we adjust to the loss of anything important in our life; loss of a loved one or relationship, empty nest, retirement, health, family, finances, etc. The work of grieving is emotionally, mentally and physically exhausting and there is no right, or wrong way of grieving. This group is geared toward helping you through this process.



### Veterans Support

W.A.V.E. (Welcome All Veterans Everywhere) is dedicated to helping ALL of our Veterans. If you are a veterans and need help with services, support, referrals, transportation, etc., contact Sheri at 783-6455 or John Louritt 265-3183 for claims information. We are here to help!

### Dementia & Alzheimer's Support Group

This group meets on will meet every 3rd Wed from 9:30-10:30 at the Sr. Center in the Conference room. The next meeting will be Wednesday, December 16th. The group will focus on helping caregivers of loved ones stricken with dementia address various issues associated with the progression of dementia and its affects.

### CRIBBAGE

If you like to play Cribbage, then come and join us on Wednesday nights at the New Community Center at 6:30pm. All ages are welcome. For information, call Pete Stemler at 882-3739 or Chuck Kiel at 309-7922

## Mark Your Calendar for these Upcoming Senior Center Events...

#### December

4th—Polar Express Trip  
12th—Ebenezer Trip  
15th—Christmas Light Tour  
17th—Meadowood Mall Trip  
18th—Christmas Dance  
24th—Christmas Feast  
25th—Senior Center Closed  
31st—New Years Day Celebration

#### January

1st—Center Closed for New Years Day  
7th—VanGogh & Vino Trip  
13th—Birthday Day  
18th—Center Closed for MLK Day  
22nd—Senior Health Fair

#### February

10th—Birthday Day  
11th—Meadowood Mall Trip  
12th—Valentines Day Celebration  
13th—Book of Mormon Trip  
15th—Presidents Day (Center Closed)  
19th—Senior Dance  
27th—Footloose Trip



# T.R.E. Upcoming Activities & Events

## What's Happening Around the County

**Congregate Dining is available at the TRE Community Center** on Monday, Tuesday & Thursday. At our N. County Location on Wednesday and Friday starting at 12:00pm. The suggested donation for lunch is \$3.00\* for anyone 60 years or older and a \$7.00 charge for those 59 years and younger **\*Those unable to pay will not be denied service.** **FREE Blood Pressure Checks: Will be at the TRE Community Center** Blood Pressure Clinic is Tuesday, September 15th from 12:15pm-12:45pm **Douglas County Social Services:** TRE Community Center every Tuesday from 1pm-4pm **TRE Food Closet:** Located at 1441 Agate Road (TRE Church/enter at the side door) Open the last Monday of each month from 1-3p.m. **\*\*No questions asked\*\*** Nonperishable food donations are also accepted.

### December

Bingo every Monday, Tuesday & Thursday from 11am-12pm

16th—Sagehen's Christmas Party  
11am-3pm  
24th—Candle Light Service

### January

Bingo every Monday, Tuesday & Thursday from 11am-12pm

18th—Center Closed for MKL Day  
20th—Sagehen's Regular Meeting  
1pm-3pm  
22nd—VFW Pancake Breakfast 8:30-

### February

Bingo every Monday, Tuesday & Thursday from 11am-12pm

**Check back for February events and activities**

## N. County Upcoming Activities & Events

### December

2nd—Bingo  
4th—Game Day  
9th—Bingo  
11th—Game Day  
16th—Bingo  
18th—Game Day  
23rd—Bingo  
25th—Center Closed for Christmas  
30th—Game Day

### January

1st—Center Closed -New Years Day  
6th—Game Day  
8th—Bingo  
13th—Game Day  
15th—Bingo  
20th—Game Day  
22nd—Bingo  
27th—Center Closed for Christmas  
29th—Game Day

### February

3rd—Game Day  
5th—Bingo  
10th—Game Day  
12th—Bingo  
17th—Game Day  
19th—Bingo  
24th—Game Day  
26th—Bingo

## Tahoe Douglas Upcoming Activities & Events

### Monthly Texas Hold'em Game Times Schedule

**Fridays** from 9:30-11:30 & 11:30-12:15pm

**Wednesdays** from 2:30-5pm  
Coffee, tea, hot chocolate, cake, Pie & donuts are available.

There is a \$5.00 buy-in for each session and we pay out a 1st, 2nd & 3rd place.

\*Transportation may be arranged if needed.

\*\*Want to learn how to play?

We can teach you! Come join us!

### December

1st—Bingo 1pm  
2nd—Board Meeting 10am  
3rd—Game Day 12-4pm  
5th—Bingo 1pm  
8th—Bingo 1pm  
9th—Membership Lunch @ Harrah's 11:45  
10th—Mexican Train 12-4pm  
12th—Bingo 1pm  
15th—Bingo 1pm  
17th—Mexican Train 12-4pm  
19th—Bingo 1pm  
22nd—Bingo 1pm  
25th & 26th—Center Closed for Christmas  
29th—Bingo 1pm

### January

**Check back for January Events with the Tahoe Douglas Senior Center**



# FREE SENIOR CRAFTING



All supplies, kits and various crafts available for you to make and take home. Choose from a variety of quick crafts or some that can be completed over time. You are also welcome to bring your own to work on with your friends.



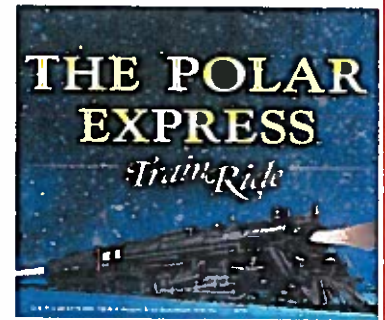
Join us every **Wednesday**  
in the Ceramics Room from  
**9am-12pm**



# December Trips & Activities

## THE POLAR EXPRESS

Experience the magic of Chris Van Allsburg's classic children's book comes to life on the rails of the Nevada Northern Railway. The journey takes you from the Carson Depot on a special trip right to the North Pole. Enjoy hot chocolate and cookies while watching to the beloved story of the Polar Express unfold before your eyes. Everyone will experience that magic moment when the train arrives at the North Pole, where Santa Claus himself is waiting! This trip will leave from the Gardnerville Center at 3:45pm on December 4th. The cost for this trip is \$60.00



## "EBENEZER"

Based on Charles Dickens' classic holiday masterpiece, "A Christmas Carol." Ebenezer Scrooge is an unhappy, cruel man and, much to his dismay, he is visited by three ghosts who take him through a musical journey of his life on Christmas Eve. He travels to his past, comes face-to-face with the present and is horrified by what his future could hold. "Ebenezer" is warm and rich in its telling of this story. It is touching and scary when it needs to be, and has a spiritual lifting of one's soul when the lessons of love and belief are revealed. We will be departing the Gardnerville Center at 3:30pm on December 12th. The cost for this trip is \$65. The deadline to signup and pay is November 25th.



## CHRISTMAS LIGHT TOUR

Join us for dinner at CV Steak followed by an evening of Christmas light touring in the neighborhoods of Carson Valley while we enjoy hot cocoa and cookies. We will depart the Gardnerville Center at 4:15pm on December 15th and will return around 8pm. The cost for this trip is \$30.00. Deadline to sign up and pay for this trip is December 4th.



## MEADOWWOOD SHOPPING MALL

Get ready to shop till you drop! On Thursday, December 17th. Are you ready for a day of shopping, people watching and getting out of the house? Join us on a trip to Meadowood Mall. We will depart the Douglas County Community & Senior Center at 9am and return by 4 pm., as we may make a few extra requested stops along the way. The cost for this trip is only \$10.00 and includes your transportation. Please plan to bring or buy your lunch at the mall. Sign up for this trip at the front desk on or before December 11th, 2015.



## SENIOR DANCE

Come join us for an evening of live music, dancing and fun. We will dance the night away on December 18th, starting at 6-9pm. The cost for the dance is \$10.00 per person. There will be snacks, dessert, coffee, juice and water provided. Tickets can be purchased at the door. A variety of music and entertainment will be provided by Don & Nadine for both Line Dancers and Ballroom style dancing.



\*\*\* Please note, all sales are final and must be paid for within 14-days of the scheduled event or your reserved place will be given to another party. Most trips and tickets are paid for in advanced and last minute cancellations, **unless under emergency circumstances, WILL NOT be refunded**, but might be credited for a future trip.



# Upcoming Trips for January & February 2016

## VAN GOGH & VINO

Come explore the artist within. Learn how to paint in a fun environment! Our instructors will teach us step by step how to paint a canvas in one class. No need to bring anything but yourself, all the tools we will need will be provided to enjoy the experience. The class is for beginners as well as seasoned painters...the objective is to have fun! At the end of the class you will leave with your own masterpiece, so discover your creative side! Drinks and lunch are included and will be eaten at the studio. The cost for this trip is \$35.00 and will take place on January 7th 2016 We will depart the Gardnerville Senior Center at 9am. Please sign up and pay for this trip by December 31st We will return around :30pm.



## 90+ BIRTHDAY CELEBRATION

On Friday, February 5th, 2016 Douglas County Senior Services is having a special 90+ Birthday Celebration. This is our opportunity to recognize those special seniors who are 90 and older or those who are turning ninety this year. The festivities start at 10:30 a.m. at the Douglas County Senior Center, 1329 Waterloo Lane in Gardnerville. We will be presenting you with a special 90+, or 100+ certificate and a flower at the event. Lunch will be served after the celebration. If you are or are turning 90 in 2016, contact Sheri for your personal invitation.

## MEADOWOOD

Get ready to shop till you drop! On Thursday, February 11th. Are you ready for a day of shopping, people watching and getting out of the house? Join us on a trip to Meadowood Mall. We will depart the Douglas County Community & Senior Center at 9am and return by 4 pm., as we may make a few extra requested stops along the way. The cost for this trip is only \$10.00 and includes your transportation. Please plan to bring or buy your lunch at the mall. Sign up for this trip at the front desk on or before February 8th.

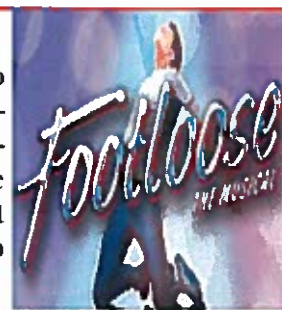


## SWEETHEART SENIOR DANCE

Grab your Sweetheart and join us for an evening of live music, dancing and fun. We will dance the night away on February 19th, from 6-9pm. The cost for the dance is \$10.00 per person. There will be dessert, coffee, punch and water provided. Tickets can be purchased at the door. A variety of music and entertainment will be provided by Don & Nadine for both Line Dancers and Ballroom style dancing.

## FOOTLOOSE

Footloose tells the story of Ren McCormack, a teenage boy from Chicago who moves to the small town of Bomont where the local government has banned dancing and rock music. Ren leads his classmates around the law and Reverend Shaw Moore to have a real senior prom. See the cast cut loose to hit songs like "Almost Paradise," "Let's Hear it for the Boy," "Holding Out for a Hero," and of course, the title track, "Footloose." We will depart the Gardnerville Center at 3:30pm on the 27th of February. Deadline to pay and sign up for this trip is February 12th. The cost for this trip is \$65.00



\*\*\* Please note, all sales are final and must be paid for within 14-days of the scheduled event or your reserved place will be given to another party. Most trips and tickets are paid for in advanced and last minute cancellations, **unless under emergency circumstances, WILL NOT be refunded**, but might be credited for a future trip.

